



Food Technology Curriculum Map

Key knowledge & skills to be mastered by students

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	<u>Learning Period 1: Autumn Term</u>	<u>Learning Period 2: Autumn Term</u>	<u>Learning Period 3: Spring Term</u>	<u>Learning Period 4: Spring Term</u>	<u>Learning Period 5: Summer Term</u>	<u>Learning Period 6: Summer Term</u>
Year 7						
Topic title	Basic Skills/Kitchen Safety	Diet and Nutrition: Energy Sources	Dietary Requirements: Vegetarians and vegans	Multicultural Cuisine: British Cuisine	How Foods work: Enzymes	Where Foods Come From: Food Sources
Key questions	<ul style="list-style-type: none"> How can I work safely in a kitchen? Can I weigh and measure ingredients? Can I safely use knives? 	<ul style="list-style-type: none"> Where do we get energy from? How do we achieve a balanced diet? (Eatwell Guide) What are calories? How much energy should we have a day? Where do we get calories from? 	<ul style="list-style-type: none"> What is a vegetarian/vegan? What foods must they avoid? How can vegetarians/vegans adapt recipes? What are alternative proteins? 	<ul style="list-style-type: none"> What is a cuisine? What is meant by 'British cuisine'? What foods do we use in Britain? What cooking methods do we use in Britain? 	<ul style="list-style-type: none"> What are enzymes? What is the function of enzymes in fruit? How can we prevent enzymic browning? 	<ul style="list-style-type: none"> Where does food come from? (Caught, reared, and grown) What is meant by seasonality? Why are some foods only available in certain seasons?

Key knowledge and concepts	<ul style="list-style-type: none"> 1.Introduction to H&S in the kitchen and food safety Weighing and measuring Knife skills Evaluating food 	<ul style="list-style-type: none"> Sources of energy Calorie requirements Sources of calories (Macronutrients) Eatwell guide Importance of the Eatwell guide 	<ul style="list-style-type: none"> What are vegetarians and vegans Differences between them Why they might become vegetarian/vegan How to adapt recipes for vegetarians/vegans 	<ul style="list-style-type: none"> Meaning of the term 'Cuisine' Ingredients and dishes cooked in British cuisine Cooking methods used in British cuisine 	<ul style="list-style-type: none"> What is an enzyme? What is enzymic browning? How to prevent enzymic browning 	<ul style="list-style-type: none"> Caught Food Reared Food Farmed Food Seasonal Food Impact of seasonal/non-seasonal food on the environment
Skills	<ul style="list-style-type: none"> General practical skills Knife skills Use of cooker Use of equipment Preparing fruit and vegetables 	<ul style="list-style-type: none"> General practical skills Knife skills Preparing fruit and vegetables Use of the cooker Cooking methods 	<ul style="list-style-type: none"> General practical skills Knife skills Preparing fruit and vegetables Use of the cooker Use equipment Soup making Prepare, combine and shape 	<ul style="list-style-type: none"> General practical skills Use of the cooker Use of equipment Raising agents Cooking methods Prepare, combine and shape 	<ul style="list-style-type: none"> General practical skills Knife skills Preparing fruit and vegetables Use of the cooker Cooking methods Prepare, combine and shape Dough 	<ul style="list-style-type: none"> General practical skills Preparing fruit and vegetables Use of equipment Setting mixtures
Assessment & Educational Visit Opportunities	Formative verbal assessment Written feedback	Formative verbal assessment Written feedback	Practical Assessment Formative verbal assessment Written feedback	Formative verbal assessment Written feedback	Formative verbal assessment Written feedback	Practical Assessment Formative verbal assessment Written feedback

Year 8						
Topic title	Biological raising agent & gluten formation	Chemical raising agent, biological raising agent, Christmas cooking	Main meals, vegetarian & vegan alternatives	Main meals, vegetarian & vegan alternatives Easter cooking	Summer cooking using carbohydrates & fruit	British bake off

Key questions	<ul style="list-style-type: none"> • What is a biological raising agent & how does it work? • What is gluten & how is it formed? 	<ul style="list-style-type: none"> • What are chemical raising agents? • How do chemical raising agents work? 	<ul style="list-style-type: none"> • What is a balanced diet? • Why is protein important as part of a healthy diet? How can I make main meals high in protein? 	<ul style="list-style-type: none"> • How to avoid cross contamination & keep food safe? • How different heat transference cook food? 	<ul style="list-style-type: none"> • Why are carbohydrates important? • How to make healthy fruit desserts? 	<ul style="list-style-type: none"> • How can I make cold food safe to eat? How to decorate / garnish dishes?
Key knowledge and concepts	<ol style="list-style-type: none"> 1. Demonstrate how to make variety of bread products. 2. Understand what yeast needs to ferment & produce CO2. 3. Food science of gluten formation. 	<ol style="list-style-type: none"> 1. Identifying the characteristics between different chemical raising agents & their functions. 2. Prepare and bake food using chemical raising agents. 	<ol style="list-style-type: none"> 1. Preparing & making meat & vegetarian dishes. 2. Different complex cuts of vegetables. 3. Demonstrating how to make a blended & reduction sauce. 	<ol style="list-style-type: none"> 1. The importance of food safety (high risk foods). 2. Making a roux based & reduction sauces. 3. Effects cooking methods have on ingredients and how it changes the taste, texture & appearance. 	<ol style="list-style-type: none"> 1. Preparing & making fruit desserts. 2. The benefits of eating carbohydrates & fruit as part of a balanced diet. 	<ol style="list-style-type: none"> 1. Make a variety of cold dishes 2. Cross contamination 3. Safe food storage
Skills	<ul style="list-style-type: none"> - Dough making - Using a biological raising agents 	<ul style="list-style-type: none"> - Soda dough making & biscuits / cakes -Using chemical raising agents 	<ul style="list-style-type: none"> -Vegetable preparation (brunoise, macedoine, julienne) -Preparing meat / vegetarian dishes -Cooking methods -Prepare, combine & shape -Sauce making 	<ul style="list-style-type: none"> -Preparing meat alternative dishes - Preparing meat dishes -Cooking methods -Prepare, combine & shape -Sauce making 	<ul style="list-style-type: none"> -Fruit preparation -Cake making -Whisking, rubbing in, combining, layering ingredients 	<ul style="list-style-type: none"> -using equipment to avoid cross contamination -Combining ingredients -Chilling ingredients - Finishing techniques
Assessment & Educational Visit Opportunities	Formative verbal assessment	Formative verbal assessment	Mid-year practical assessment Formative verbal assessment	Formative verbal assessment	Formative verbal assessment	End of year practical assessment Formative verbal assessment
Year 9						

Topic title	Pastry & cakes	Breads & Christmas baking	Main meals	Starches, emulsions, reduction sauces	Pasta, potato & salads dishes	Vegetable & dessert dishes
Key questions	<ul style="list-style-type: none"> How does different methods & heat change ingredients? 	<ul style="list-style-type: none"> How to use chemical & biological raising agents? What is gluten & how is it formed? 	<ul style="list-style-type: none"> How to change gluten structure for different products? What are the 3 heat transferences? 	<ul style="list-style-type: none"> How do different preparation & cooking methods change properties of food? 	<ul style="list-style-type: none"> Which foods are suitable for wet or dry methods of cooking & why? 	<ul style="list-style-type: none"> How to prepare light healthy summer dishes
Key knowledge and concepts	<ol style="list-style-type: none"> Demonstrate how to make a variety of pastry items. Prepare and make cakes using whisking & creaming methods. Demonstrating dextrinisation, caramelisation & coagulation. 	<ol style="list-style-type: none"> Characteristics between different chemical raising agents & their functions. Prepare and bake food using chemical & biological raising agents. Understand gluten formation. 	<ol style="list-style-type: none"> Demonstrating aeration, gelatinisation, coagulation, caramelisation, dextrinisation, denaturation & lamination. Effects that heat transference has on food. 	<ol style="list-style-type: none"> Effects that cooking methods have on ingredients and how it changes the taste, texture & appearance. Effects that different preparation methods can change the functional properties of ingredients. 	<ol style="list-style-type: none"> How food characteristic change using wet & dry methods of cooking. 	<ol style="list-style-type: none"> Demonstrate how to be creative when making summer dishes.
Skills	<ul style="list-style-type: none"> -Preparing fruit & vegetables -Preparing pastry -Using raising agent -Setting mixtures 	<ul style="list-style-type: none"> -Preparing fruit & vegetables -Dough -Raising agent 	<ul style="list-style-type: none"> -Cooking methods -Prepare, combine & shape -Sauce making -Dough -Raising agent -Setting mixtures 	<ul style="list-style-type: none"> -Preparing fruit & vegetables -Prepare, combine & shape -Sauce making -Dough -Raising agent 	<ul style="list-style-type: none"> -Preparing fruit & vegetables -Sauce making -Pasta making -Prepare, combine & shape 	<ul style="list-style-type: none"> -British & international cooking -Preparing fruit, vegetables, meat dishes -Prepare, combine & shape -Piping techniques
Assessment & Educational Visit Opportunities	Formative verbal assessment	Formative verbal assessment	Mid-year practical assessment Formative verbal assessment	Formative verbal assessment	Formative verbal assessment	Mid-year practical assessment Formative verbal assessment

Year 10						
Topic title	Food, Nutrition and Health	Food Science	Food Safety	Food Choices	Food Provenance	Year 11 preparation
Key questions	<ul style="list-style-type: none"> - What is macro/micronutrients? - What are the functions of macro/micronutrients? - What are the sources of macro/micronutrients? - What are minerals? - What are the sources of minerals? - How do nutritional needs change through life? - How do we nutritionally analyse recipes? 	<ul style="list-style-type: none"> - Why is food cooked? - How is heat transferred? - How do different cooking methods affect foods? - What are the molecular properties of protein? - What are the molecular properties of carbohydrates? - What are the molecular properties of fat? - How do raising agents work? 	<ul style="list-style-type: none"> - How can we buy, store, and cook food safely? - How can we prevent cross contamination? - How do microorganisms survive? - How can we prevent microorganism growth? - What is food poisoning? - What are the different types of microorganism? - How are microorganisms used in food? 	<ul style="list-style-type: none"> - What influences food choices? - What are the dietary requirements of different age groups? - What are the different ethical food choices? - What information must be included on food labels - How to evaluate foods? 	<ul style="list-style-type: none"> • What are the benefits of local/seasonal foods? • What are GM foods? • What are the benefits and negatives of GM foods? • What is the environmental impact of food? • What is food security? • How can we improve food security? • How is food processed? • How is milk heat treated? • How is cheese produced? 	<ul style="list-style-type: none"> • How do I respond to questions on exam papers? • What practical skills can I demonstrate? • How do I time plan before preparing a dish?
Key knowledge and concepts	<ul style="list-style-type: none"> - macronutrients (sources, function, deficiency) - Micronutrients (sources, function, deficiency) - Nutritional needs through life -Analysing nutritional content 	<ul style="list-style-type: none"> - Properties of heat transfer - Properties of protein -Properties of carbohydrates - Properties of fat -Function of raising agents 	<ul style="list-style-type: none"> - Safely storing, preparing, and cooking food - Preventing cross contamination - Microorganisms (growth, different types, uses, and preventing growth) 	<ul style="list-style-type: none"> - Influences on food choice - Religious dietary requirements - Ethical food choices - Food labelling - Sensory evaluating food 	<ul style="list-style-type: none"> - Seasonal and local food (meaning, importance, and impact on the environment) - GM Foods (definition, benefits, negatives, and impact on the environment) - Food security (definition, impact on the environment) - Food production (primary and secondary processing) 	<ul style="list-style-type: none"> - Exam technique - Practical skill and how to develop skill level in dishes - time planning

Skills	<ul style="list-style-type: none"> -Nutritionally analysing recipes -General practical skills -Knife skills -Use of the cooker -Cooking methods -Prepare, combine, and shape -Dough -Raising agents -Setting mixture 	<ul style="list-style-type: none"> -General practical skills -Use of the cooker -Cooking methods -Sauce making -Dough -Raising agents -Setting mixtures 	<ul style="list-style-type: none"> -General practical skills -Knife skills -Cooking methods -Prepare, combine, and shape -Tenderise and marinate -Raising agents -Setting mixtures 	<ul style="list-style-type: none"> -General practical skills -Knife skills -Preparing fruit and vegetables Use of equipment -Use of the cooker -Sauce making -Dough 	<ul style="list-style-type: none"> -General practical skills -Knife skills -Use of the cooker -Preparing fruit and vegetables -Raising agents 	<ul style="list-style-type: none"> -General practical skills -Use of equipment -Cooking methods -Sauce making -Dough -Raising agents -Setting mixtures
Assessment & Educational Visit Opportunities	<ul style="list-style-type: none"> Pre-requisite knowledge test End of topic test Formative verbal feedback 	<ul style="list-style-type: none"> Pre-requisite knowledge test End of topic test Formative verbal feedback 	<ul style="list-style-type: none"> Mid-year practical assessment Pre-requisite knowledge test End of topic test Formative verbal feedback Trip- Southampton City College restaurant visit 	<ul style="list-style-type: none"> Pre-requisite knowledge test End of topic test Formative verbal feedback 	<ul style="list-style-type: none"> Pre-requisite knowledge test End of topic test Formative verbal feedback Trip- Laverstoke park farm (food sources) 	<ul style="list-style-type: none"> Mock exam

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Topic title	GCSE NEA 1 Investigate the functional and chemical properties of ingredients	GCSE NEA 2 Plan, prepare, cook & present a range of dishes	GCSE NEA 2 Plan, prepare, cook & present a range of dishes	GCSE Food Preparation and Nutrition Revision	GCSE Food Preparation and Nutrition Revision	
Key questions	<ul style="list-style-type: none"> - What is NEA 1? - How do we complete NEA 1? - How do we investigate? - How do we analyse investigation results? 	<ul style="list-style-type: none"> - What are the key components of my chosen brief? - What possible dishes could I cook? - What skills can I demonstrate? 	<ul style="list-style-type: none"> • How can I develop technical skills for my final exam? • How do I plan to cook my final dishes in the most efficient way? 	<ul style="list-style-type: none"> • What content do I need to know for my exam? • How can I revise effectively? • How do I respond to exam questions? 	<ul style="list-style-type: none"> • What content do I need to know for my exam? • How can I revise effectively? • How do I respond to exam questions? 	
Key knowledge and concepts	<ul style="list-style-type: none"> - Carrying out secondary research - Conducting investigations - Collating results 	<ul style="list-style-type: none"> - Carrying out secondary research - Practical skills 	<ul style="list-style-type: none"> - Justifying final dishes - Time planning - Preparing, cooking, and serving three dishes 	<ul style="list-style-type: none"> - Exam question technique - Subject content 	<ul style="list-style-type: none"> - Exam question technique - Subject content 	
Skills	<ul style="list-style-type: none"> - Conducting investigations - Gathering results - Analysing results 	<ul style="list-style-type: none"> - Demonstrating practical skills - Researching chosen brief 	<ul style="list-style-type: none"> - Time planning - Demonstrating practical skills 	<ul style="list-style-type: none"> - Exam question technique 	<ul style="list-style-type: none"> - Exam question technique 	
Assessment & Educational Visit Opportunities	Controlled assessment Practical investigation	Demonstrating practical skills Mock Exam	Final practical exam	Formative knowledge checks Exam question feedback	Formative knowledge checks Exam question feedback	Written Exam 50% GCSE

